

A BIENNIAL
NEWSLETTER FROM
THE MORRIS
COUNTY OFFICE OF
HEALTH
MANAGEMENT

HEALTH
EDUCATION
SERVICES SERVING:

BOONTON
TOWNSHIP,
TOWNSHIP OF
DENVER, PA.,
BOROUGH OF
MORRIS PLAINS,
TOWN OF
MORRISTOWN, &
MONTVILLE
TOWNSHIP

Special points of interest:

- May is Asthma & Allergy awareness month
- Skin Cancer Awareness Month
- June is Men's Health Month
- August is Summer Safety
- August is Immunizations

Safety & Prevention Issue

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Your Health Matters



Public Health
Prevent. Promote. Protect.

Volume 1 Issue 2

Summer Fall 2016

Zika, what you need to know...

As per the Center for Disease Control, "Zika virus disease (Zika) is a disease caused by the Zika virus, which is spread to people primarily through the bite of an infected *Aedes* species mosquito. The most common symptoms of Zika are fever, rash, joint pain, and conjunctivitis (red eyes). The illness is usually mild with symptoms lasting for several days to a week after being bitten by an infected mosquito. People usually don't get sick enough to go to the hospital, and they very rarely die of Zika. For this reason, many people might not realize they have been infected."

Currently there are no vaccines, however what is recommended is mosquito prevention techniques, such as proper attire, mosquito repellent with at least 30% DEET, avoiding travel to affected areas, keeping windows covered with screens and doors closed. Also remember to remove sitting water in and around your house.



Updated information is always available at: www.cdc.gov/zika



Mosquito bite prevention...

Whether its Chikungunya, Dengue, or Zika virus, protecting yourself from insect bites is important.

Remember to:

- Wear insect repellent (with at least 30% DEET for adult, children 5-7)
- Cover up (use Permethrin based repellent on clothing or gear)
- Keep mosquitoes outside
- Get rid of stagnant water in and around

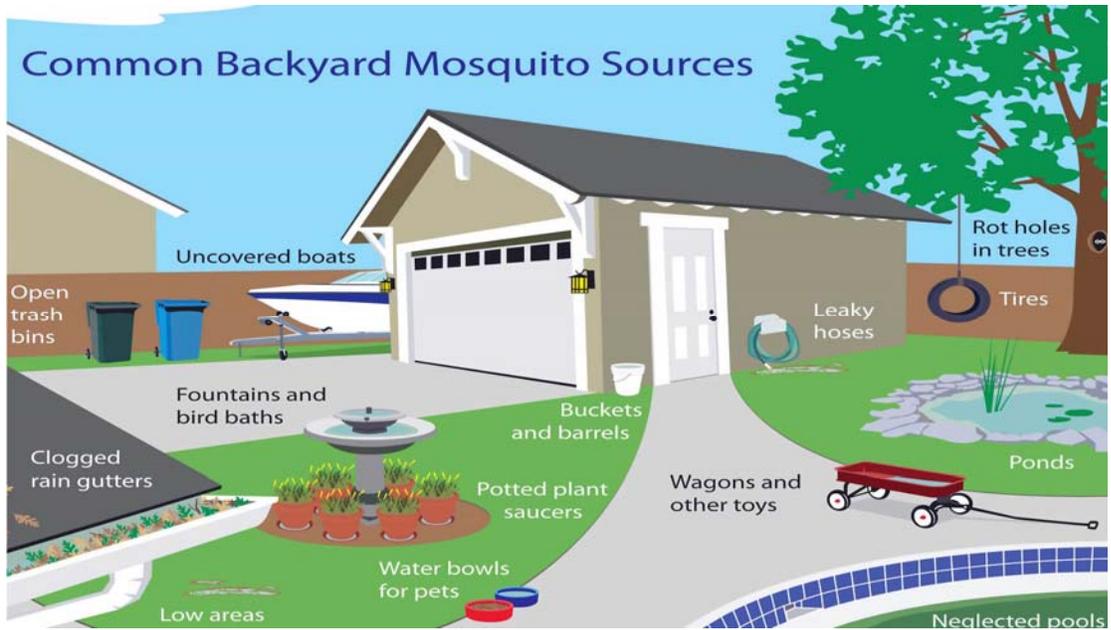
your home.

- Zika has been seen to transfer into pregnancy, if planning to travel please remember to use condoms. Zika is known to transfer during sexual intercourse,
- Don't forget to RE-APPLY repellent, also use sunscreen first before applying repellent for sun protection.



Pictures courtesy of the Center for Disease Control

Homeowners your first line of defense in and around your home it to remove stagnant water. Water sitting in old pools, flower pots, tarps, kids toys can be breeding grounds for mosquitos. It doesn't take much water for a mosquito to lay eggs.



Recipe of the Day: Grilled Chicken with Roasted Kale

**“Healthy Eating
can be fun and
healthy”**



Directions

Preheat the oven to 425 degrees F. Toss the potatoes with 1/2 tablespoon olive oil on a rimmed baking sheet; spread in a single layer and roast 5 minutes. Toss the kale in a large bowl with the garlic, 1/2 tablespoon olive oil, 1/4 teaspoon salt, and pepper to taste. Add to the baking sheet with the potatoes and toss. Roast until the kale is crisp and the potatoes are tender, stirring once, 15 to 20 minutes. Meanwhile, preheat a grill or grill pan to medium and brush with olive oil. Slice the chicken breasts in half horizontally to make 4 cutlets. Coat evenly with 1/2 tablespoon olive oil and season with salt and pepper. Grill the chicken until well marked and cooked through, 2 to 4 minutes per side. Transfer to a plate.

Toss the kale, potatoes, the remaining 1/2 tablespoon olive oil, the salad greens, tomatoes, parmesan, lemon juice, and salt

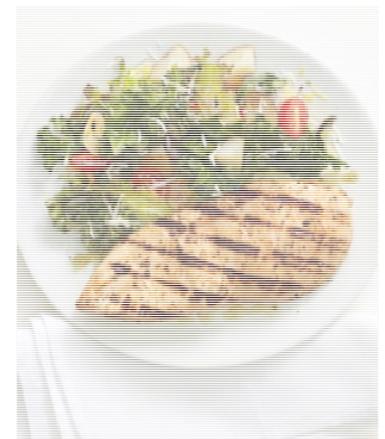
and pepper to taste in a large bowl. Divide the chicken among plates and top with any collected juices. Serve with the kale salad.

Ingredients

- * 1/2 pound small red-skinned potatoes, cut into 1/2-inch pieces
- * 2 tablespoons extra-virgin olive oil, plus more for brushing
- * 1 large bunch kale, stems removed, leaves torn (about 10 cups)
- * 3 cloves garlic thinly sliced, Kosher salt and freshly ground pepper
- * 2 large skinless, boneless chicken breasts (about 1 1/2 pounds)
- * 4 cups mixed salad greens
- * 1/2 cup cherry tomatoes, halved
- * 1/3 cup grated parmesan cheese
- * 1 tablespoon fresh lemon juice

Total Time: 40 min
Prep: 10 min
Cook: 30 min
Yield: 4 servings
Level: Easy

Photograph by
Antonis Achilleos
Recipe courtesy of Food Network Magazine



When did doing laundry become a health hazard?

“Kids under the age of 3 accounted for the majority of cases in a recent study; with 2 year-olds making up slightly more than 16 percent of dishwasher detergent exposures and about 30 percent of laundry detergent exposures.”

As all trends go, we gravitate to those that seem to be time savers and pocket friendly. Since the arrival of laundry pods offering a more concentrated formula with better stain fighting and easy usage comes an alarming increase in children and poisonings...

Why you say? For children the enticing colors and soft chewy like packing can make it seem too irresistible to avoid. However as Poison centers report, “In 2016, through March 31, poison centers received reports of 2,840 exposures to highly concentrated packets of laundry detergent by children 5 and younger.” This is an increase

from other years. Parents need to treat this product as every other household poison, some important tips to help avoid poisoning in children can be simple, please remember to:

- Keep away!!! Out of sight and reach to a child (locked away)
- Follow instruction on label
- Know the signs of possible exposure (see below)
- Have the Poison Control center number available- 1-800-222-1222

Some signs of exposure include, (depending on the route to exposure), **drooling, excessive vomiting, swelling, choking, coughing, and difficulty breathing.** This exposure can lead to coma even death. Other areas of concern are the eyes and lips due to squirting from biting down on the laundry pods.



“In 2016, through March 31, poison centers received reports of 2,840 exposures to highly concentrated packets of laundry detergent by children 5 and younger.”

One of these is candy. One is poison.

Think it's hard to tell the difference? So do our kids.



Every day over 300 children in the United States ages 0 to 19 are treated in an emergency department, and two children die, as a result of being poisoned. It is not just chemicals in your home marked with clear warning labels that can be dangerous to children.

Asthma & Allergies– Know your Triggers...

Asthma & Allergy Prevention

Whether it is Spring, Summer, Fall, or Winter allergies and asthma can be triggered. Knowing what those triggers are, and being prepared if they do occur, can help avoid serious complications.

Learn More:

- www.pacnj.org,
- www.aafa.org,
- www.epa.gov/asthma,
- www.aaai.org



DUST MITES



PETS



POLLEN



SMOKING



POLLUTION



MOULD



COLD AIR



VIRAL INFECTION



CHEMICAL FUMES



EXERCISE



Food/Nuts

SEASONAL ALLERGIES

SPRING	SUMMER	FALL	WINTER
TREE POLLEN	GRASS POLLEN	WEED POLLEN	MOLD

Keeping Children safe, Summer safety tips...



Never leave a child in an unattended car, even with the windows down.

- Be sure that all occupants leave the vehicle when unloading.
- Don't overlook sleeping babies.
- Always lock your car. If a child is missing, check the car first, including the trunk.
- Teach your children that vehicles are never to be used as a play area.
- Keep a stuffed animal in the car seat and when the child is put in the seat place the animal in the front with the driver.
- Place your purse or briefcase in the back seat as a reminder that you have your child in the car.
- Make "look before you leave" a routine whenever you get out of the car.
- Have a plan that your childcare provider will call you if your child does not show up for school.

Sources:

- Www.noheatstroke.org
- Www.kidsandcars.org
- Www.safecar.gov
- Www.safekids.org

Please share this valuable information to help keep kids and pet safe from



Center for Disease (CDC), Road Safety tips to keep kids safe...

Using the correct car seat or booster seat can be a lifesaver: make sure your child is always buckled in an age- and size-appropriate car seat or booster seat.



REAR-FACING CAR SEAT

Birth up to Age 2*
Buckle children in a rear-facing seat until age 2 or when they reach the upper weight or height limit of that seat.



FORWARD-FACING CAR SEAT

Age 2 up to at least age 5*
When children outgrow their rear-facing seat, they should be buckled in a forward-facing car seat until at least age 5 or when they reach the upper weight or height limit of that seat.



BOOSTER SEAT

Age 5 up until seat belts fit properly*
Once children outgrow their forward-facing seat, they should be buckled in a booster seat until seat belts fit properly. The recommended height for proper seat belt fit is 57 inches tall.



SEAT BELT

Once seat belts fit properly without a booster seat
Children no longer need to use a booster seat once seat belts fit them properly. Seat belts fit properly when the lap belt lays across the upper thighs (not the stomach) and the shoulder belt lays across the chest (not the neck).

Keep children ages 12 and under in the back seat. Never place a rear-facing car seat in front of an active air bag.

**Recommended age ranges for each seat type vary to account for differences in child growth and height/weight limits of car seats and booster seats. Use the car seat or booster seat owner's manual to check installation and the seat height/weight limits, and proper seat use.*

Child safety seat recommendations: American Academy of Pediatrics.
Graphic design: adapted from National Highway Traffic Safety Administration.
www.cdc.gov/motorvehiclesafety/cps



The Morris County Medical Reserve Corps is a well-prepared and trained workforce of volunteers to help public health protect the community in the event of a public health emergency.

To learn more about the MRC, or to fill out a volunteer application, visit www.mrc.nj.gov.

Upcoming Morris County Rabies Clinic Dates

Date: June 18, 2016 **Time:** 11:00AM—1:00PM
Municipality: Morristown

<http://morriscountynj.gov/health/public/rabies/>

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PLAINS, TOWN OF MORRISTOWN, &
MONTVILLE TOWNSHIP

Important Numbers

GENERAL

NJ211

2-1-1

North Jersey Red Cross

(973) 538-2160

Poison Information

1-800-222-1222

Mental Health Hotline

1-877-294-4357

MORRIS COUNTY

Health Management

973-631-5484

Emergency Management

973-829-8600

Sheriff's Office

973-285-6600

Prosecutor's Office

973-285-6200

NEW JERSEY

Communicable Disease Service

1-609-826-5964

State Police

1-609-882-2000

Address

Office of Health Management

634 West Hanover Avenue

Morris Township NJ 07961

[http://www.morriscountynj.gov/
health/](http://www.morriscountynj.gov/health/)

The mission of the Morris County Office of Health Management is to promote public health, to prevent the spread of disease, and to protect the environment, through awareness, compliance, education, training, and emergency response.

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Laundry article Resources:

<http://www.cbsnews.com/news/laundry-detergent-packets-pose-increasing-risk-to-children/?http://>

www.aapcc.org/alerts/laundry-detergent-packets/

<http://www.consumerreports.org/cro/2013/03/laundry-detergent-pods-remain-a-health-hazard/index.htm>

<http://www.poisonprevention.org/>



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